

SECURING YOUR IPHONE

How to use the iPhone's settings to maximize privacy, protect your phone from spyware, and document and prevent harassment.



USING SETTINGS

Settings > [your name] > iCloud > Backup

Switch to off to prevent your information from being accessed through your iCloud account.

Settings > Touch ID & Passcode

Add a passcode to your phone so that someone else would need your passcode or fingerprint to open it. Set **Require Passcode** to **Immediately**.

Settings > Emergency SOS > Auto Call

Switch on to enable your phone to call emergency services when you: on iPhone 7 or earlier, press the **side button** five times and drag the slider that appears / on iPhone X, 8, or 8 Plus, press and hold the **side button** and one of the **volume buttons** until the countdown ends.

Settings > Privacy

In Privacy, you can allow / deny apps access to info from your contacts, calendar, photos, and camera.

Settings > Privacy > Location Services

Either switch off location or turn off location for certain apps.



SCREENSHOTTING

Press and hold the **top / side button** and press the **home button** or the **volume up button**. The screenshot will appear in **Photos > Albums > Screenshots**.



JAILBREAKING

Jailbreaking an iPhone is a method of installing **spyware**. One way to jailbreak an iPhone is using the app **Cydia**. To check for it, swipe right on the home screen to access the Spotlight Search page and search for "Cydia." If your phone is jailbroken, first upload your photos to Google Drive or Dropbox. Then:

- 1 GO TO** Settings > General
- 2 TAP** Reset
- 3 SELECT** Erase all content and settings
- 4 DO NOT RESTORE** from a backup

Someone would need physical access to your phone to install software, so make sure you know where your phone is at all times. Keep an eye on excessive battery or data usage, as these could mean spyware apps are running in the background.



CHANGING YOUR NUMBER

To change your phone number, contact your **mobile carrier**. Most carriers offer an **online service** for changing numbers. AT&T and T-Mobile charge a fee for this service, while Sprint and Verizon do not.



SECURING YOUR WIRELESS ACCOUNT

Ask your wireless carrier to add a password to your account so that no one else can make changes or access your phone information.

SECURING YOUR ANDROID

How to use the Android settings to maximize privacy, protect your phone from spyware, and document and prevent harassment.



USING SETTINGS

Settings > Location

Turn off location services as well as Google Location History. You can also Delete Location History.

Settings > Security > Screen Lock

Enable a PIN, password, or fingerprint scan for anyone attempting to unlock your phone. Set **Automatically Lock** to **Immediately** and switch **Smart Lock** off.

Settings > Security > Unknown Sources

Switch this option off to ensure that only verified apps can be installed on your phone.

Settings > Backup & Reset > Backup my data

Switch this setting to off to prevent your information from being stored by Android.

Settings > Privacy & Safety > Send SOS Messages

Only some phones, such as the **Samsung Galaxy S6**, have this feature. Switch on to enable your phone to send an alert to your emergency contacts when you press the **power key** 3 times. Choose whether your phone will attach pictures and audio to the message.



SCREENSHOTTING

Press and hold the **power button** and press either the **home button** or the **down volume button**. The screenshot will appear in your **photo gallery**.



ROOTING

Rooting an Android phone is a method of installing **spyware**. If you see a **“Superuser”** app in your applications menu, your phone is most likely rooted. A “root checker” app may also be able to tell you if your phone has been rooted. If your phone is rooted, first upload your photos to Google Drive. Then:

- 1 GO TO** Settings > System
- 2 TAP** Reset > Factory data reset > Reset phone
- 3 SELECT** Erase everything
- 4 RESTART** the phone
- 5 DO NOT RESTORE** from a backup

Someone would need physical access to your phone to install software, so make sure you know where it is at all times. Keep an eye on high battery or data usage, as these could be signs of spyware apps.



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